

13. (Amended) A system for self-monitoring by a moving person of body movements, comprising:

- a) a video camera configured to generate a recorded video image or image sequence;
- b) a monitor operatively coupled to the video camera for outputting the recorded video image or image sequence; and
- c) an insertion component configured to insert at least one moving marker, indicating a predetermined movement or body position, into the video image or image sequence; to detect characteristic points, lines, contours, or equivalent characteristics of the person shown in the recorded video image, or of the displayed area of the person, while the person is not moving; to automatically adapt the marker in a manner dependent on a detection result; and to automatically adapt a size or insertion position of the marker in a manner dependent on the detection results;

wherein the insertion component is configured to detect characteristic points, lines, contours, or equivalent characteristics of the moving person or of a displayed area of the moving person, wherein the moving person is performing a body movement sequence and is shown in the recorded video image sequence, and wherein the insertion component is configured to automatically adapt the movement speed of the moving marker to the movement speed of the moving person or of a displayed area of the moving person.

Please cancel claim 16.

17. (Amended) A system as claimed in claim 13, wherein the insertion component is configured to automatically adapt a size and insertion position of the marker in a manner dependent on the detection result.

19. (Amended) A system as claimed in claim 18, wherein the insertion component is configured to automatically adapt a size or insertion position of the marker in a manner dependent on the detection result.

20. (Amended) A system as claimed in claim 13, wherein the system is configured for manually varying size or insertion position or movement speed of the marker.

22. (Amended) A system as claimed in claim 13, wherein the moving marker comprises on or more point(s) or line(s).

23 (Amended) A system as claimed in claim 22, wherein the one or more point(s) or line(s) form a stylized person.

28 (New) A system as claimed in claim 18, wherein the insertion component is configured to automatically adapt a size and insertion position of the marker in a manner dependent on the detection result.

29. (New) A system as claimed in claim 13, wherein the system is configured for manually varying size and insertion position or movement speed of the marker.

30. (New) A system as claimed in claim 13, wherein the system is configured for manually varying size or insertion position and movement speed of the marker.

31. (New) A system as claimed in claim 13, wherein the system is configured for manually varying size and insertion position and movement speed of the marker.

32. (New) A system as claimed in claim 13, wherein the moving marker comprises on or more point(s) and line(s).

33. (New) A system as claimed in claim 23, wherein the one or more point(s) or line(s) form an equivalent to a stylized person.

34. (New) A system as claimed in claim 32, wherein the one or more point(s) and line(s) form a stylized person.